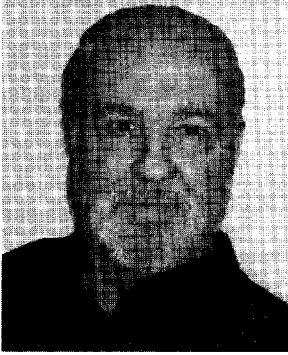


Group Therapy: An Owner's Manual

John C. Rhead
PhD, CGP



I am very grateful to have Susan as a co-therapist and friend. This manual has evolved primarily as an outgrowth of our relationship. Over the years I have become increasingly enthusiastic about the healing power of groups, and I hope this manual will support and encourage others in their group work. It is still evolving (as, of course, are we) and I invite feedback from others who use it. jrhead@umaryland.edu

Susan Jacobson
LCSW-C, CGP



My 20-year membership in AAP and participation in my extraordinary family group have encouraged me to stretch and to face my fears and my self in the context of group. My 15+-year co-therapy relationship with John supports my on-going growth as a therapist, underscores my enthusiasm for the aliveness of the work, and adds the spice and fun of collaboration to my practice. therapy@susanjacobson.com

Group therapy is usually understood to derive its healing power from the connections and interactions that evolve among members. Attunement of members with one another, as well with the therapist(s), occurs at increasingly deep levels over time. At a superficial level this attunement is reflected in enhanced abilities to "read" each other through facial expression, posture, voice inflection, and the like. At a deeper level it is reflected in synchronicities, such as one person having a dream about another which reveals that the person having the dream knows something about the other that could not be known through perceptual channels. Such manifestations of attunement, while sometimes disorienting, are therapeutic gold. We have developed the following manual to assist members and would-be members of psychotherapy groups to facilitate such attunement.

